



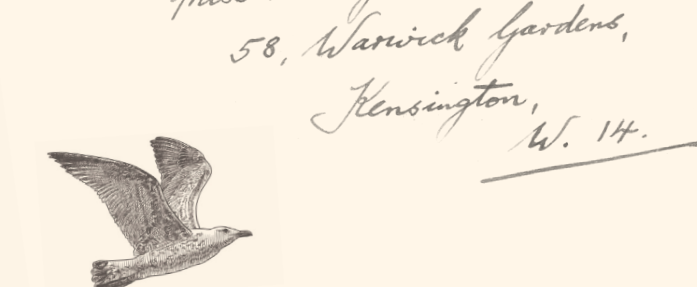
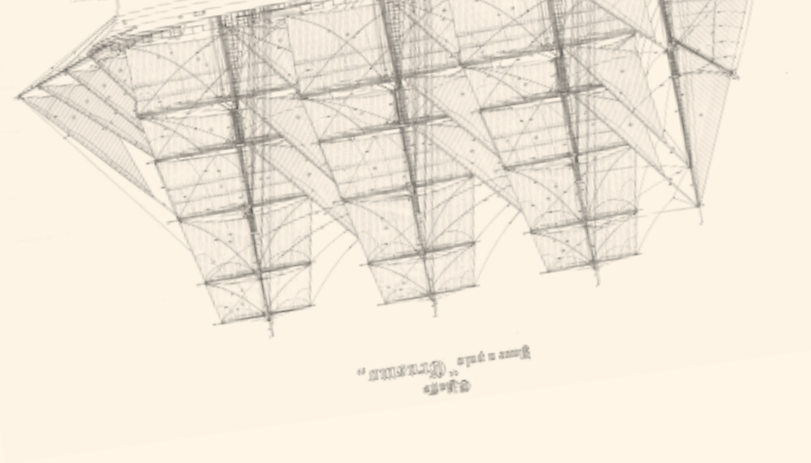
# THE CAPTAINS

PUB · RESTAURANT · ROOMS

## STARTERS

Tortilla Chips with Salsa	7.45
<i>with Melted Cheese</i>	8.45
Lobster Bisque	8.45
Soup of the Day	7.45
French Bread, Olive Oil & Balsamic Vinegar	4.95
Dish of Mixed Olives	4.45
Garlic Bread	5.00
<i>with Melted Cheese</i>	6.00
Traditional Prawn Cocktail	9.95
Local Crab Cocktail	11.95
Local Lobster Cocktail	13.95
Breaded Butterfly Prawns, Chilli Dip	8.95
Veggie Samosas, Chilli Dip	8.45
Tiger Prawns with Chilli & Garlic Butter	10.95
Smoked Salmon, Capers, Brown Bread & Butter	10.95

NO SERVICE CHARGE



## MAINS

\*1 side included | \*\*2 sides included

Half Lobster**	19.95	Smoked Haddock & Spring Onion Fishcakes, Chilli Dip**	16.95
Whole GB or Thermidor**	32.95	Fillet of Seabass, Tiger Prawns, Chilli & Garlic** <i>(GF)</i>	20.95
Lobster Linguine*	23.95	Local Battered Fish Goujons**	15.95
Seafood Linguine, Lobster, Crab & Prawns*	21.95	Fillet of Local Plaice** <i>(GF)</i>	16.95
<i>(Linguine Sauces, Tomato Base, Cream &amp; Cayenne)</i>		<i>Best Served Grilled with Butter</i>	
Seafood Gratin, Lobster, Crab & Prawns**	23.95	Lasagne	13.95
<i>(Thermidor Sauce, finished with Parmesan)</i>		<i>Beef or Vegetable* (Spinach, Onion, Peppers)</i>	
Thai Red Tiger Prawn Curry, Rice & Flat Bread	17.95	Enchilada with Chilli Beef, Kidney Beans, Salsa & Melted Cheese*	15.95
Pan fried Tiger Prawns, Chilli & Garlic** <i>(GF)</i>	18.95	Thick Slice of Warm Home Cooked Gammon Ham** <i>(GF)</i>	15.95
Wholetail Scampi**	15.95	<i>2 Eggs or 2 Pineapple or Pineapple &amp; Melted Cheese</i>	
Fillet of Seabass, Hollandaise** <i>(GF)</i>	19.95	Cold Ham Eggs and Chips <i>(GF)</i>	12.95

## STEAK\*\*

CHOOSE YOUR STEAK



FILLET STEAK	27.95
RIB EYE STEAK	23.95

FANCY ANY EXTRAS?

4 Chilli Garlic Prawns	5.00
Half Lobster Tail	8.00
Whole Lobster Tail	15.00
Garlic Butter/Diane Sauce/Peppercorn Sauce	2.50

## BURGERS

BEEF 15.95 | CHICKEN 14.95

*Served with Chips, Cheese & 2 Slices of Smoked Bacon*

VEGGIE 12.95

*Served with Chips & Cheese*

EXTRA TOPPINGS

Jalapenos	0.95
Pineapple Rings	1.50
Fried Egg	1.50



## SALADS

Goats Cheese	14.95
<i>On Crouton with Roasted Peppers, Walnuts &amp; Basil</i>	
Home Cooked Ham	12.95
Tuna Mayonnaise	12.95
Prawn Marie Rose	16.95
Smoked Salmon	16.95
Half Lobster	19.95
Whole Lobster	32.95
Fresh Local Crab	23.95
Southern Fried Chicken	15.95
<i>Warm Chilli Sauce</i>	
Tiger Prawn	17.95
<i>Warm Chilli Sauce</i>	
Salmon, Prawns & Fresh Local Crab	23.95

\*1 side included | \*\*2 sides included:  
Mixed Green Vegetables, Mixed Salad,  
New Potatoes, Chips | Extra Sides 4.25

[ PIZZA ] · EXTRA TOPPINGS 1.50 ·

Cheese & Tomato	11.95
Mushroom	13.95
Ham	13.95
Pepperoni Sausage	13.95
Tuna, Onion & Garlic	14.95
Captains Meat Special	16.95
Veggie Special	16.95